



## Ways to Deal in Troubling Times

Troubling times are a fact of life. War. Disease. Natural disasters. Much as we'd like to, we can't control them. What we can control is how we react. Here are some things to consider when the weight of the world is weighing on you:

- › **Talk about your feelings:** A good way to alleviate fear is to discuss it. Chat with a friend over coffee, call a crisis hotline, take advantage of your Employee Assistance Program or join a support group.
- › **Focus on what is important:** Playing with your children, for example, is a more productive than watching all the news coverage of the world's woes. Focus your energy on what is important to you.
- › **Decide what you can and cannot control:** While it is smart to be aware of your surroundings and what is going on, dwelling on events out of your control can be detrimental.
- › **Reduce your stress:** Incorporate basic stress-reducing activities into your life, including exercise and leisure activities such as watching a movie or reading a book.
- › **Carry on with your daily life:** Disruptions caused by excessive worry will only increase stress levels for yourself and those around you.
- › **Eat a healthy, balanced diet:** Physical health plays a key role in keeping your mental health stable.
- › **Seek professional help:** If you are suffering from sleep or eating disruptions, talk with a professional. Start with your Employee Assistance Program, which can provide short-term counseling or refer you to local resources for more intensive treatment.

**Get free, confidential counseling and support, 24/7, from your Employee Assistance Program.**

**Phone: 888-972-4732**

**TDD: 800.697.0353**

**Online: [guidanceresources.com](http://guidanceresources.com)**

**Your company Web ID: STATENV**